

YOUR

# Guide

TO BETTER

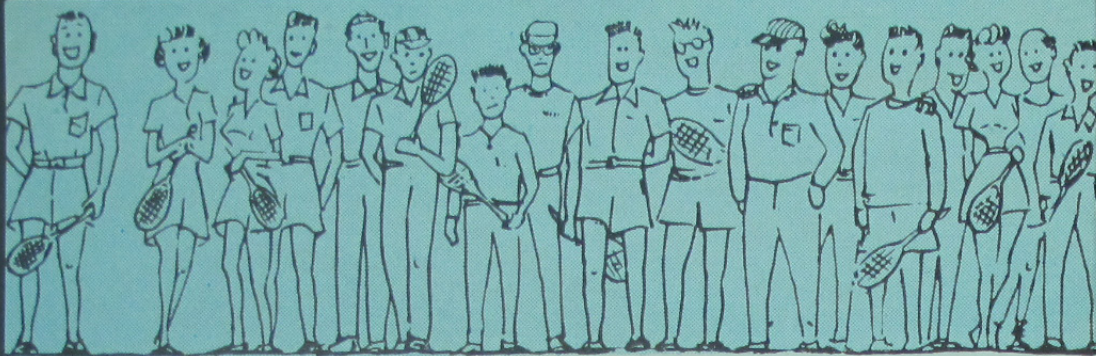
# Badminton



*Compliments of...*







## Introduction TO BADMINTON

The game of badminton is an ideal sport for everyone—male, female, young or old. It supplies clean, healthy play and the opportunity for the participants to lose themselves in excitement, physical exuberance, fun and companionship. One of its greatest advantages is that it's easy to learn, and from the beginner up everyone can have a wonderful time. The more a player progresses, the more the game speeds up and the more demanding it is on stamina and headwork. Aside from the pure enjoyment and exercise the game gives, it's an excellent conditioner for other sports.

For practical purposes, badminton began in England in 1893 when several local clubs banded together to form the Badminton Association of England. This first national organization helped to establish the rules and regulations, as well as standards for rackets and shuttlecocks, that were necessary before the game could expand internationally.

The English association did much to spread badminton to other countries. Yet it was as late as 1925 that a touring English group established the game in Canada, and filtering down across the border, the Canadians helped promote badminton in this country. Naturally, individuals in many countries had taken the game back with them after visits to England; but it took the creators of national associations in their various countries to bring the clubs and players up to international standards.

The first international match was held in 1902 between England and Ireland, but it wasn't until the post-World War II years, 1948-49, that the first Thomas Cup Matches were held and badminton reached a truly international competitive state. Today there are 45 countries in the International Badminton Federation with affiliated national organizations which sponsor national and international tournaments throughout the world. The American Badminton Association is the national organization in the United States.

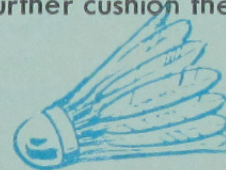
## What to Wear

Traditionally, "white is right" on the badminton court. In National Championship play, it's required that all contestants wear white and most tournaments request this dress. However, for informal play, any color will do as long as it's in good taste. A regular tennis dress of sharkskin or pique would be tops, but shorts, bermudas or slacks will do perfectly.

More important to the actual playing of the game is the type of clothes to be worn, rather than the color. Indoor courts are often kept on the coolish side, so a sweater or jacket would be required there. Your clothes, whatever they are, must allow complete freedom of movement, for badminton is full of action. However, baggy clothes should be avoided because they may interfere with your game.

Sneakers are best because they help prevent slipping, and they should fit well because of the heavy running and sudden stops required. Many players add one and sometimes two pairs of heavy woolen socks to further cushion the feet.

## The Shuttle



Shuttlecocks, commonly referred to as "shuttles" or "birds", are unique objects. When gently tapped, the shuttle flies slower than any object hit in any other sport. But when hit hard, and timed perfectly, the shuttle leaves the racket at a speed of over 110 miles per hour.

When hit at top speed, the shuttle decelerates rapidly after traveling a few feet. It is this deceleration, caused by the unique make-up of the badminton shuttle, which makes it possible for the defender to return some of these speedily hit shots.

Because the shuttle will fly slowly, beginners are able soon to keep the shuttle going back and forth over the net for several shots in succession. These rallies enable them to get immediate fun out of the game, and they quickly gain a sense of achievement from their newly found ability.

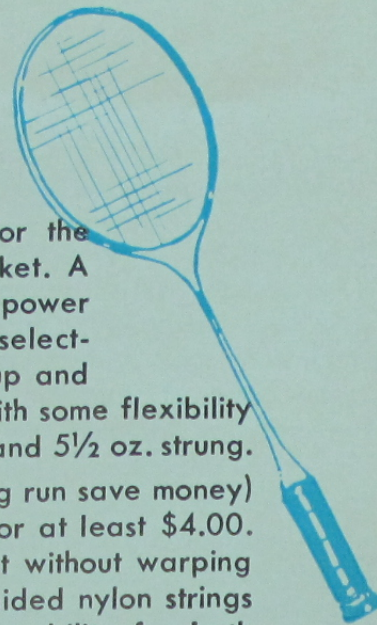
Not all shuttles on the market today meet the International Badminton Federation requirements as to weight, size, number and length of feathers, so care should be taken in your selection. To prevent brittleness and excessive breakage, feathered shuttlecocks ideally should be kept in a temperature of not less than 50 degrees and a humidity of 80%. Where this is not possible, a damp towel wrapped around the tube when not in use will achieve the same results.



## The Racket

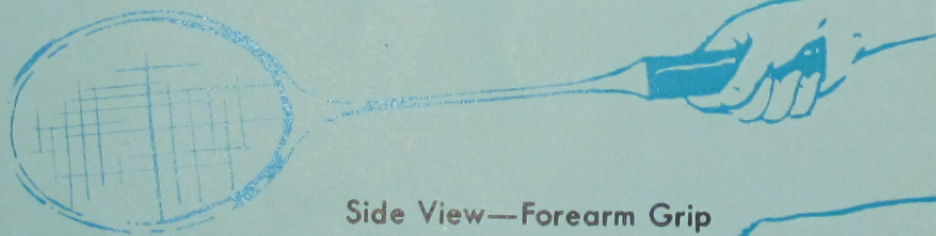
There are no official specifications for the size and weight of a badminton racket. A heavier racket will give more slugging power but will lack speed in handling. When selecting a racket for personal use, pick it up and feel it to ensure it is light but strong, with some flexibility in the shaft, weighing between  $4\frac{3}{4}$  oz. and  $5\frac{1}{2}$  oz. strung.

Get more pleasure (and in the long run save money) by investing in a racket that retails for at least \$4.00. Cheaper rackets cannot be strung tight without warping and are easily cracked or broken. Braided nylon strings prove excellent for durability and playability for both indoor or outdoor play. When not in use, keep your racket in a press and away from dampness.

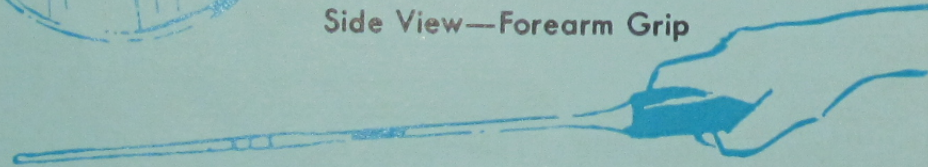


## Holding the Racket

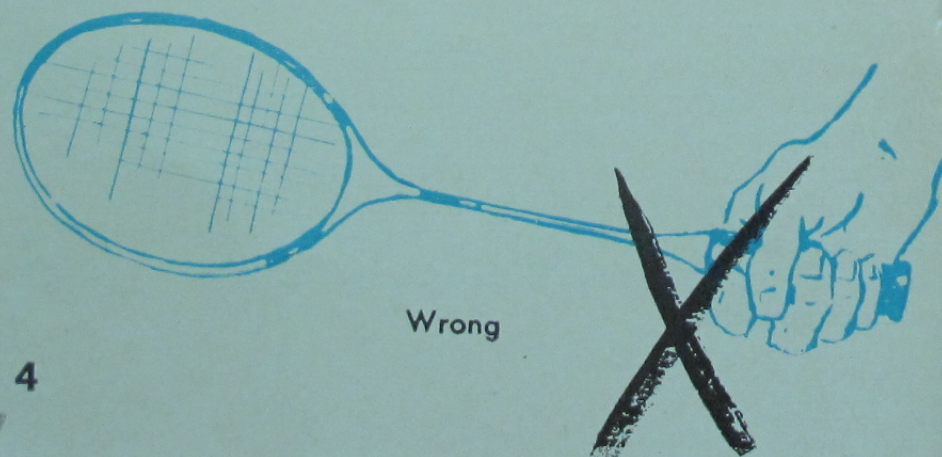
Position of Hand



Side View—Forearm Grip



Top View—Forearm



Wrong

Experts say that one of the most common faults of beginners—and even some long-experienced players—is improper grip. There is a tendency to hold the badminton racket too tightly. The racket handle should lie diagonally across your fingers rather than in the palm of your hand. Your fingers control the movement of the racket. For both forehand and backhand strokes your fingers and thumb should hold the racket firmly but not tightly. Don't make the mistake of bunching your fingers closely together and holding the racket like a club.

Unlike tennis, where a stiff arm and wrist may be beneficial, a flexible, "cocked" wrist is a must; for not only does it help give the power to a return, but it is vital to your achieving the proper direction and deception to your returns.

## Who Serves

In informal matches you may give your opponent his choice of whether to serve first, or defend a certain side of the court.

More often, however, a tossed coin or spin of the racket is used, with the brand name side called "heads", the reverse side, "tails".

Actually, in tournament play, toss for serve is required.

The winner of the toss has the choice of either serving first or of selecting which side of the court he wishes to defend first.

## Changing Sides

In both singles and doubles play, players shall serve from and receive service in their respective right-hand courts on the initial serve of the game. When the first point is made, service is to and from the left-hand courts. As points are scored, service continues to alternate from right to left-hand courts and back again.

Thus, when the score for the serving side is "0", and at even numbers, service is always made from the right-hand court. When the score of the serving side is at odd numbers, service is from the left-hand court.



# Scoring

In badminton, **only** the side serving can score. When the **serving** side wins the rally, one point (or ace) is scored.

In men's singles, and all doubles play, a game consists of 15 points. In ladies' singles, a game consists of 11 points.

In a 15-point game, if the score is tied at 13-all, the side **first reaching** the thirteenth point has the option of "setting" the game 5 additional points; i.e., to a total of 18 points. Or, if the score is tied at 14-all, the side **first reaching** the fourteenth point may "set" the game 3 additional points; i.e., to a total of 17 points.

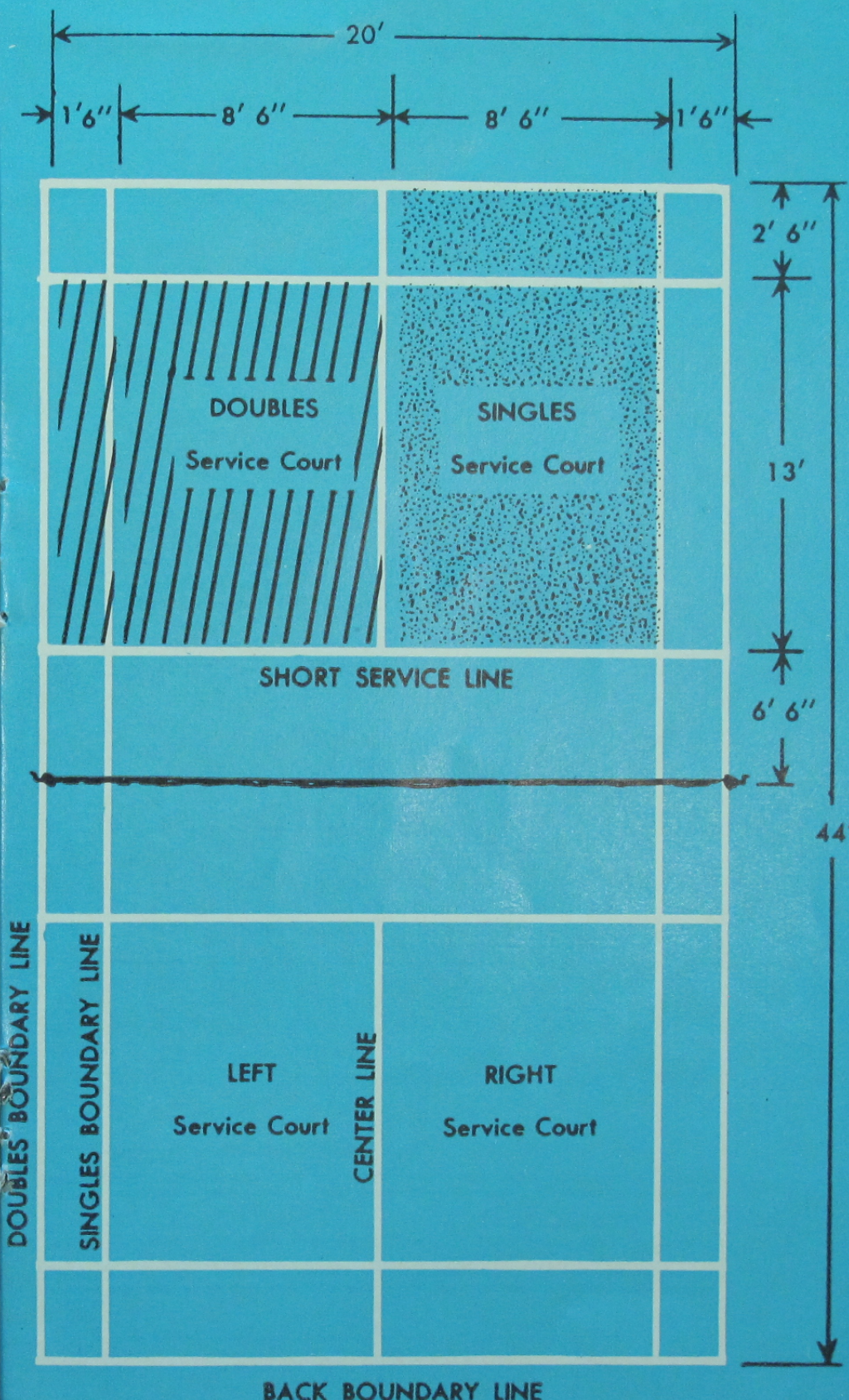
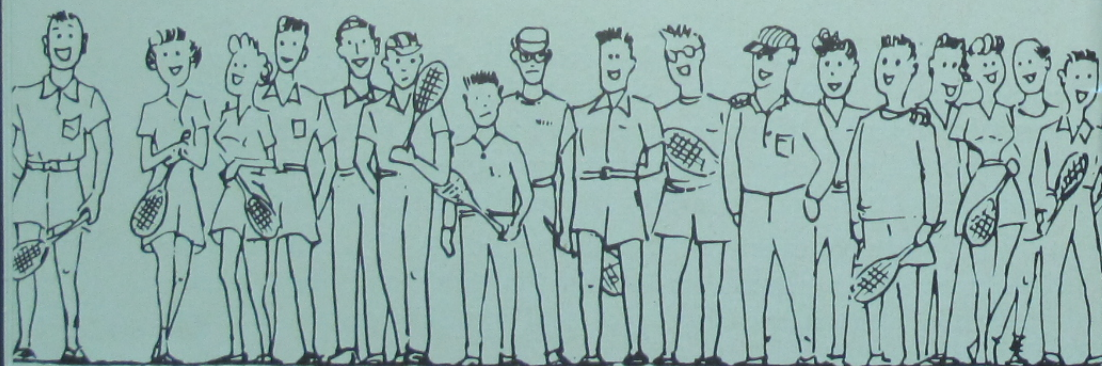
In ladies' singles, the game may be "set" at 3 points at 9-all; or 2 points at 10-all (a total of 12 points in either case).

A side is not forced to "set"; it can elect not to "set". Note, it is permissible to "set" a game at 14-all (10-all in ladies' singles) even though the same side chose not to "set" at 13-all (9-all in ladies' singles).

"Setting" is quite simple. The score is called 0-0 ("love-all") and the winner is the side scoring the number of "set" points, 5 or 3 or 2 as the case may be.

The winner of a match, or rubber, is the side which scores the best in two out of three games.

Players change courts at the end of each game; the winner serves first in the following game. In doubles, either of the two winning partners may serve first, and either of the two losers may receive first. If a third game is necessary, the players change courts again when the leading score reaches 6 in a game of 11 points; 8 in a game of 15 points.



COURT DIAGRAM



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## Outdoor Play

Because badminton can be played on any flat, level surface, it is particularly adaptable to outdoor play. The one disadvantage of playing outdoors is that wind has a great effect on the flight of the shuttlecock. Because of this, the outdoor shuttlecock has fewer feathers and is heavier than the indoor breed of bird. On a windless day, however, the indoor bird can and should be used.

Since all the equipment of badminton is portable, all that remains to be provided is a level area about 30 x 60 feet in size, a net across the court 5 feet high, and an opponent with another racket. You will want to add lines to describe the area of play and also lines to define singles, doubles, and service areas (see diagram Page 5). Since the bird is struck before it touches the ground, your court may be made of any material as long as there is nothing to trip over. The beach is an ideal place to play. Don't bother with lines here. All you want is exercise and on sand you'll get plenty of that in a short time.

A macadam driveway is an excellent place to play as the net may be taken down after play and lines may be quickly snapped down with a chalkline if you don't care to paint them for permanent use. While the footing is a bit slippery, it may be played barefoot on grass. Lime will serve well for lines and if not applied heavily, will not hurt the grass.

The size of the area need not be much larger than the playing area of the court itself. This is because you need never hit a bird which is outside the area, as you must in tennis. A margin of 5 or 6 feet around the court will give you plenty of room for swinging a racket.

While all official tournaments in U.S. must be played indoors, it is interesting to note that in Malaya, the home of many International champions, the game is played almost exclusively outdoors. Many of our own national champions began their careers on outdoor courts.

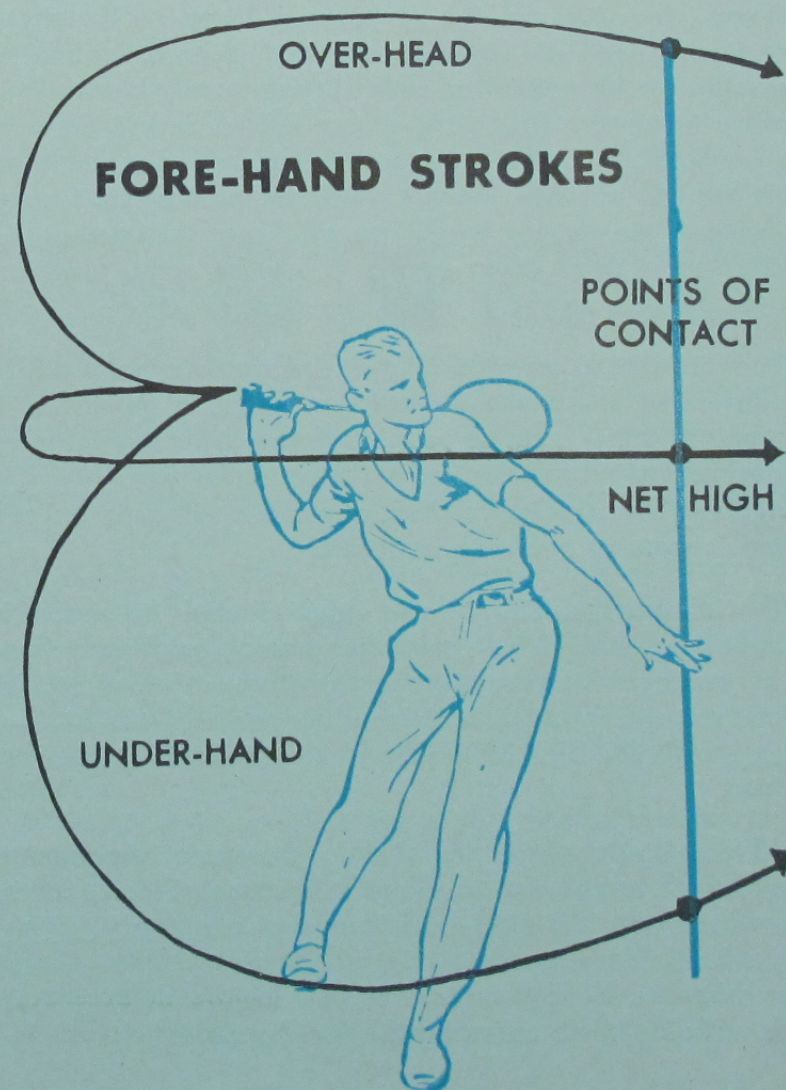
However, because temperature and humidity can be controlled indoors and there is no wind, badminton is best when played on an indoor court.

## Indoor Badminton

It is here that badminton reaches the ultimate in accuracy and finesse. While the ideal temperature for playing the game is in

the 60's, it may be equally enjoyable at higher temperatures. Shuttlecocks are graded by weight and feather shape so that proper flights may be gotten under any conditions. The warmer the playing area, the farther the shuttle will fly.

The best indoor courts should be windowless and the lighting should be indirect, as any glare will present a blind spot which will cause the players to lose sight of the bird in play. The ceiling should be at least 25 feet high. Lines should be 1½" wide, painted white on a dark non-reflecting wooden floor. For temporary lines colored pressure-sensitive tape can be quickly put down and can be easily removed. However, any indoor area, with windows or windowless and large enough to contain a court with freedom to play can be used for hours of fun playing badminton, winter or summer.





# Strategy and Tactics

The primary strategy, of course, is to place the bird inside the opponent's court where he cannot reach it. Since this can rarely be accomplished in good play, the object is to place the bird in such a spot that only a weak return can be made by your opponent, thereby allowing you to "smash" the bird downward at his feet for a probable point. Badminton is much like golf in that lack of errors determines the winner more often than brute strength or sound strategy which lacks finesse of execution. It is difficult to simplify strategy in a game as varied in play as badminton. However, there are several basic precepts which, if followed, will get you off to a sound beginning.

1. Learn to serve well. Since points cannot be won unless you are serving, you must use the serve to put you on the offence. Practice serving until you can have the bird reach its highest point on your side of the net, after which it just barely clears the net and falls within inches of the short service line. Such a serve cannot be "rushed" no matter how threatening your opponent looks. To keep him off balance, learn to flick the bird without warning to the back of the service court. This will "keep him honest" if he is anticipating a short serve. Learn to use the same preliminary motion for all your serves. Practice, practice, practice!

2. Because hitting upward at the bird automatically puts you on the defensive you should make every effort to get to the bird fast enough to allow a downward hit. If you are caught in a position of having to hit upward at the bird, make your return high and deep to your opponent's back court. This will gain the necessary time for you to get back in position.

3. The proper position on the court should be maintained throughout the game. Return to it after making each shot, thereby being in readiness for your opponent's return wherever he places it. The one exception to this practice is in doubles. Once at the net, stay there until the bird is "cleared" by either side, then return to position.

4. Always try to place the bird so that your opponent must hit up at it if he can hit it at all cleanly. Because of the construction of the human wrist it is most often true that a player's backhand is his weakest side. Play that side whenever possible, except in doubles when he is on your left. A bird hit between players in doubles will usually be taken by the forehand player.

5. Learn to take the pace off the game by mixing your shots. If the rally seems to consist of a series of fast flat shots, put in a soft drop shot or a high deep clear shot. It will upset your opponent's timing.

6. Do not smash indiscriminately from the baseline. Returns are fairly easy to make and you will only tire yourself. The alternative to smashing deep clears is returning with a clear then making a drop shot on the next one to the same side of the court, thus running your opponent up and back till finally he makes a weak return which either you or your partner can "put away".

7. Try to play all shots at arm and racket length away from the body. The racket, wrist and arm should form a straight line at contact with the shuttlecock.

8. Last but not least, **KEEP YOUR EYE ON THE BIRD!**

## Faults

A fault made by a player of the side which is serving causes them to lose the serve. If made by a player whose side is not serving, it counts a point to the serving side.

### It is a fault:

- If in serving, the shuttle at the instant of being struck be higher than the server's waist, or if any part of the head of the racket, at the instant of striking the shuttle, be higher than any part of the server's hand holding the racket.
- If, in serving, the shuttle falls into the wrong service court (i.e., into the one not diagonally opposite to the server), or falls short of the short service line or beyond the long service line, or outside the side boundary lines of the service court into which service is in order.
- If the server's feet are not in the service court from which service is at the time being in order, or if the feet of the player receiving the service are not in the service court diagonally opposite until the service is delivered.
- If before or during the delivery of the service any player makes preliminary feints or otherwise intentionally baulks his opponent.
- If, either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or fails to pass the net, or touches the roof or side walls, or the person or dress of a player. (A shuttle falling on a line shall be deemed to have fallen in the court or service court of which such line is a boundary).
- If the shuttle "in play" be struck before it crosses to the striker's



- side of the net. (The striker may, however, follow the shuttle over the net with his racket in the course of his stroke).
- (g) If, when the shuttle is "in play", a player touches the net or its supports with racket, person or dress.
  - (h) If the shuttle be hit twice in succession by the same player, or be hit by a player and his partner successively, or if the shuttle be held on the racket whilst struck (i.e., be caught or slung).
  - (i) If, in play, a player strikes the shuttle (unless he thereby makes a good return) or is struck by it, whether he is standing within or outside the boundaries of the court.
  - (j) If a player obstructs an opponent.

It is not a fault if the shuttle be hit by the frame, shaft or handle of the racket, or if the base and feathers of the shuttle be struck simultaneously.

## "Wood Shot" Rule ALTERATION

At the Annual Meeting of the International Badminton Federation held July 2, 1963, the Wood Shot Rule was changed as per the last paragraph above.

The effect of the alteration is to legalize clean 'wood-shots', which have since 1949 been penalized as faults.

Emphasis must be stressed on the fact that 'double-hits' and slings, however produced, are still faults.

It is a 'double-hit' if the shuttle be hit otherwise than by only one unmistakably instantaneous impact with the racket. Whilst some strokes hitherto penalized as 'woods' are no longer faults, attention is drawn to the fact that there will still be many which come under the above description of 'double-hits' and therefore will still be faults.

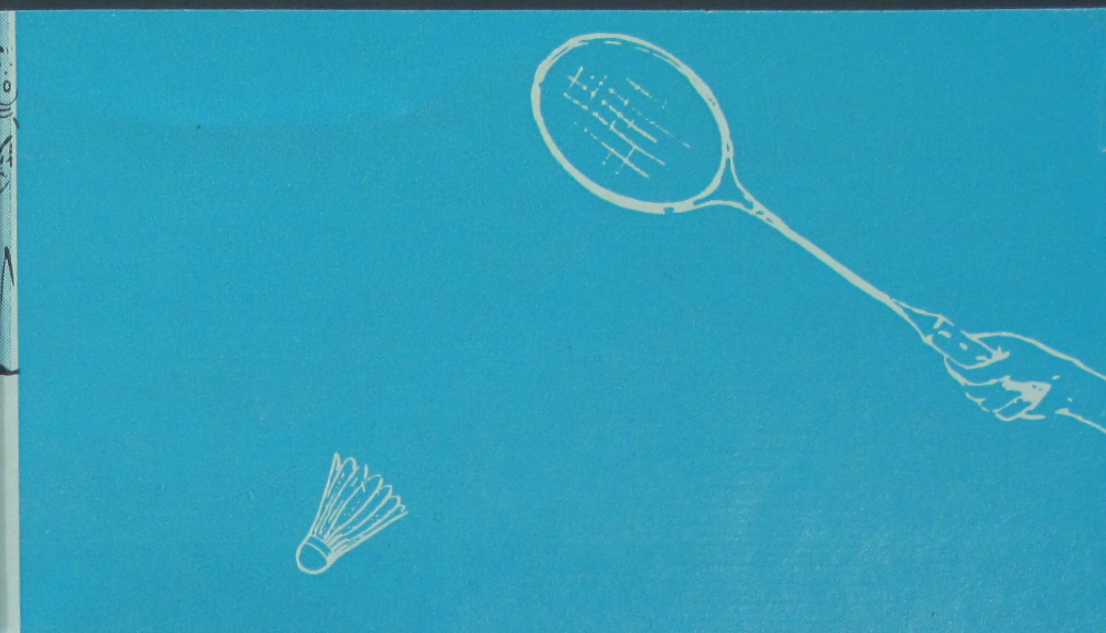
## Courtsmanship in Badminton

You should be enthusiastic and polite, compliment—but not unduly—when called for, and follow the general rules of good behavior. Introduce fellow players before the game. Participate in a warm-up and avoid the temptation to "kill" the shot at each opportunity. Recover the bird for the server.

When there is no umpire, the server keeps score. The score should be given clearly before each service.

Players wait until a rally is over before attempting to recover a bird which has fallen on or near an adjacent court.

No one should walk behind the baselines while a rally is underway. If a spectator interferes with the progress of a player, the point should be replayed.



The losers of a match should be the first to congratulate the winners.

## Organizing Badminton

Badminton has gained wide acceptance, for it is a sport providing opportunity for lots of exercise as well as for recreation. Furthermore, badminton is probably the greatest of the co-educational sports where age is no barrier, and its popularity with family groups has sustained and encouraged public interest through the years.

Club organization is the way to get the most out of badminton. Today, YMCA's all over the country have programs for both their junior and senior members and if you wish to become a member of a badminton group, this is an excellent way of doing it. Most highschool gymnasiums have badminton courts marked on their floors. If you have, or wish to purchase a badminton set yourself, get a group of your friends together and form your own club. The American Badminton Association has affiliated clubs throughout the U.S.A. Information on the location of the club nearest you is available upon writing to: Mrs. Virginia Hill Mosdale, Administrative Secretary, ABA, 460 Spencer Street, Glendale 2, California.

If your school is not actively engaged in a badminton program, have your teacher or coach write direct to The American Association for Health, Physical Education and Recreation, 1201 Sixteenth St., N.W., Washington 6, D.C. who have details and instructions for starting a badminton program. Additional literature on badminton and badminton facilities is available from The Athletic Institute, 209 South State Street, Chicago 4, Illinois. A complete book on the subject is published by A. S. Barnes and Company, 232 Madison Avenue, New York 16, N. Y.



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